


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 1 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Case Mgr. Appts 10-12 ICC Yoga & Meditation 10:00 Harmonica (Carlton) 12:30 Beg Spanish 12:30 Games 12:30 Quilter's Lab 12:45 Healthy Lifestyles 1-2 ICC Roundtable 1:00 Painting Class 1-4 Bingo! 1-3 Caregivers Support Human Services Large Conf. Room 1:45 Interm Spanish 6-7:30 Line Dance Class Drop-in \$6 | 2 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening 10:00 Creative Writing 10:30 Speaker: Medicare Part D, Kaiser Plans, Open Enrollment by David Gonzalez 11:00 Paratransit Info & Reg (make an appt) 12:45-2:45 Karaoke-Com Cen 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv) | 3 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers | 4 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4) 6-10 Meet Me in Fremont: Where Cultures of the World Come Together Marriott Hotel | 5 9:30-3 Washington on Wheels 8:15-12 AARP Driver Safety (must register, fee) 8:30 Walkers 9:00 Pinochle, Canasta 9:30 Chinese Calligraphy Bridge 12:00 Cinco de Mayo Lunch & Music 12:30 Bridge Basics 1: An Introduction 8 week series Pt.3 1:00 Piano and Guitar 1:45 Needlecrafts 2:45 Bridge Basics 2: Competitive Bids 8 week series Pt.3 3:00 Tai Chi |
| 8 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:00 Bridge 12:30 Beg Spanish 12:30 Quilter's Lab 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 6-7:30 Line Dance Class Drop-in \$6 | 9 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:15 Senior Fitness 9-12 B. P. Screening 10:00 Creative Writing 10:30 Indo-Amer. Seniors 11:00 Paratransit Info - appt 12:45-2:45 Karaoke-Com Cen 12:45 Crafts 1:00 Plant A Seed, Life Grows - Pot a Plant for Yourself, Family or Special Friend 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv) | 10 8:15 Tai Chi 8:30 Walkers 10:00 AC Transit picture ID(appt) 9-12 Case Mgr. Appts 10:00 Current Events 1-4:45 Afghan Women 1-4 Footcare - appt 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers | 11 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 9-12 Blood Pressure Screening 1-4 Footcare - appt. 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4) | 12 8:15-12 AARP Driver Safety (must reg. fee) 8:30 Walkers 9:30 Chinese Calligraphy 10:00 Bridge 12:00 Mother's Day Lunch & Hat Show 12:30 Bridge Basics 1: An Introduction Birthday Party! Entertainment by Swing Notes! 1:00 Piano and Guitar 1:45 Needlecrafts 2:45 Bridge Basics 2: Competitive Bids 3:00 Tai Chi |
| 15 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Hearing Screening 9-12 Case Mgr. Appts 10:00 Harmonica (Carlton) 10-12 ICC Yoga & Meditation 12:30 Beg Spanish 12:45 Healthy Lifestyles 1-2 ICC Roundtable 1-4 Bingo! 1:00 Painting Class 2:30-4:30 Investing for the Mature Investor 1:45 Interm Spanish 6-7:30 Line Dance Class Drop-in \$6 | 16 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 11:00 Paratransit Info & Reg (make an appt) 12:45 Crafts 12:45-2:45 Karaoke-Com Cen 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv) | 17 8:15 Tai Chi 8:30 Walkers 9-12 Case Mgr. Appts 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers | 18 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4) | 19 8:30 Walkers 9:00 Pinochle/ Canasta 9:30 Chinese Calligraphy 9:30 Sr. Commission Meeting & Donor Tree Dedication 10:00 Bridge 12:30 Baystrings Band Practice 12:30 Bridge Basics 1: An Introductio 8 week series Pt. 5 1:00 Piano & Guitar 1:45 Needlecrafts 2:45 Bridge Basics 2: Competitive Bids 8 week series Pt 5 3:00 Tai Chi |
| 22 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counsel. 9:30 Builders Fund Bd. 10:00 Harmonica (Carlton) 11-3 Amer. Muslims Mtg. 12:00 Bridge 12:30 Beg Spanish 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 2:30-4:30 Investing for the Mature Investor 6-7:30 Line Dance Class Drop-in \$6 7-9 Parkinsons Support | 23 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 10:30 Indo Amer. Seniors 11:00 Paratransit Info & Reg make an appointment 12:45 Crafts 12:45-2:45 Karaoke-Com Cen 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv) | 24 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Legal Assist. for Seniors 10:00 Current Events 1-4:45 Afghan Women 1-4 Footcare - appt 1:00 Pinochle/ Canasta 1:00 Mah Jongg 3:00 Trip Meeting with Collette - Branson Holiday, Mozart's Christmas, & Heritage of America 6:30 Tole Painting Class 7:00 Woodcarvers | 25 8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 9-12 Blood Pressure Screening 10:30 Yoga/Stretch 1-3 Footcare - appt. 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4) | 26 8:30 Walkers 9:30 Chinese Calligraphy 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 12:30 Bridge Basics 1: Introduction 8 week series Pt 6 1:00 Piano and Guitar 1:45 Needlecrafts 2:45 Bridge Basics 2: Competitive Bids 8 week series Pt 6 3:00 Tai Chi |
| 29 Memorial Day Holiday Senior Center Closed | 30 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9-12 B. P. Screening 9:15 Senior Fitness 10-1 AARP Income Tax-Aide 10:00 Creative Writing 11:00 Paratransit Info & Reg 12:00 Memorial Day BBQ 12:45-2:45 Karaoke-Com Cen 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Visual Concerns 3:00 Tai Chi(Beg) 4:00 (Adv) | 31 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Current Events 10:30 Speaker: 1:00 Pinochle/ Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers |  | |